



Year 4 PE and games curriculum



| Autumn | | Spring | | Summer | |
|--|--|---|---|---|---|
| <u>Hockey</u> <ul style="list-style-type: none"> I can dribble the ball with some control holding the stick correctly. I can push pass and receive the ball with some control I can pass and receive a ball with some control when moving I can attempt to tackle a player using the right side of my stick I can hit a stationary ball into a goal with some success I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time | <u>Football</u> <ul style="list-style-type: none"> I can stop a ball using both the sole and inside of my feet I can pass a ball using the inside of my feet I can dribble the ball using both feet and attempt a turn. I can make a standing tackle 1v1 I can kick a stationary ball past a goalkeeper with some success I can play and accept the rules; competing fairly, being gracious in victory and defeat some of the time | <u>Gymnastics</u> <ul style="list-style-type: none"> I can perform Rocket jump with 1/4 turn showing some control and body tension I can perform a Teddy Bear roll with some control I can perform a matching and mirroring balance with control I can perform controlled bunny hops lifting my legs with control, height and pointed toes I can bunny hop onto apparatus with control I can perform a sequence showing good body tension, control and pointed toes | <u>Tag Rugby</u> <ul style="list-style-type: none"> I can tag another player when moving I can move with control in a variety of directions with the ball in my hands using the correct handling position I can pass a ball backwards or sideways with some control and accuracy I can pass a ball backwards or sideways with some control and accuracy when moving I can sometimes avoid a defender to score a try I can play and embrace the rules, inspiring others with my fair play and I am always gracious in victory and defeat | <u>Athletics</u> <ul style="list-style-type: none"> I can use my arms to help me run and keep my head still and look forward I can sometimes stand in the correct stance while holding the javelin/vortex I can perform a hop, step and jump with some control I can run over an obstacle/hurdle with speed I can push a tennis ball/netball/basketball while standing in the correct stance I can pass a relay baton with some control | <u>Tennis</u> <ul style="list-style-type: none"> I can move with balance and control when catching a ball I can control a ball on my racket when moving I can hit a ball using a forehand with some control I can hit a ball using a backhand with control I can hit a ball into a target with no bounces before hit I can rally when playing 1v1 |